

#RETHINKYOURDRINK



WINDSOR
HIGH SCHOOL



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Warami

Underage Drinking

Impacts on Underage Drinking

Impacts include -

- Social Issues
- Health Issues
- Mental Wellbeing Issues
- Media's' Influence



Social Issues

- Change in Social Wellbeing
- Displaying anti-social behaviour
- Feeling peer pressured ending up with you doing what you did not want to do
- High Absence rates in schools
- Struggling to bond with peers affecting social life



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Mental Wellbeing

- Alcohol is a known depressant - it alters the delicate balance of chemicals in your brain.
- The effects of alcohol consumption in young adults can cause them to become more prone to having suicidal thoughts due to them experiencing negative emotions such as depression, feelings of anxiety, anger and decrease in self worth.

Health Issues

- Underage Drinking can lead to major health setbacks such as Liver, Pancreas, Heart and Blood Problems
- Impaired Brain development and cognitive development
- Irregular sleep routine affecting puberty and overall development
- The brain continues to develop until around 25 years of age, which can be affected by drinking alcohol

Influences on Underage Drinking

Things that influence Alcohol Consumption in general can include-

- Social Propaganda (Advertisements, Media Posts, etc.)
- Incorrect Information shared about the effects
- Improper education on the topic of Alcohol Consumption
- Catchy slogans that gain attention



Drinking Prevention

Strategies can include-

- Reachout to support agencies (Headspace, Positive Choices Australia, etc.)
- Reachout to friends and family for support in difficult times.
- Replace alcohol consumption with Physical or Recreational activity
- Invest your money into something else.

However these aren't permanent solutions



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#SoberTeenLife

These are some examples of our collateral for underage drinking that Windsor High is looking to incorporate

8.7% of teens have more than 4 standard drinks a month considered risky drinking



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Is This You?

13% of deaths in teens are alcohol related

28.8% of teens between the age of 12-17 have admitted to drinking

Consumption of Alcohol as a minor has penalties including fines of up to \$2,200

Implementations for the future

Moving forward at Windsor High with our “Rethink Your Drink” Campaign -

1. Yesterday afternoon, we met with the head teacher of PDHPE to discuss implementing our campaign into the stage 4 and 5 PDHPE Curriculum.
2. We are looking to implement our posters, brochures and information across our school and community
3. We have spoken to the Deputy Principal of Wellbeing and have agreed to present our campaign to the school during our Term 3 “Wellbeing Week”
4. We plan to liaise with the Hawkesbury City Council to place our “Rethink Your Drink” Campaign stencils on footpaths and shopping centres.

What, How, Who, Why?

What?- Our goal for our campaign is to bring attention to the Underage Drinking crisis

Why?- To create awareness of Social, Health, Cultural and Behavioural issues related to Underage Drinking.

Who?- Our target for this campaign is the Windsor High School students and community

How?- By implementing our ideas shown in the previous slide.

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